Home Activity Stations

Set up stations around your house – inside or outside. Have Mom and Dad help! Pick 5 or 6 activities to repeat.

Pick a place, what you will do, and how many times. Start with just a few and add more each week. By changing how fast and hard you do the activity, you can set up a warm up and cool down. Remember from the WIN Kids Fun Day that you are pretending to do the activities.

Write each activity on a piece of paper. Tape these up at where you do the activities or carry them with you. Ask Mom and Dad before you use the tape. Here are a few samples:

**Inside:**
1. At the front door, slowly climb up a ladder with 10 rungs.
2. Walk into the kitchen. Swing like a windmill 10 times.
3. Walk backwards to the laundry room. Act like a washing machine with 20 twists.
4. Go down stairs and row a canoe through the basement.
5. Climb back upstairs as if you are climbing a tall mountain.
6. Swim to the front door.

**Outside:**
1. Swing your golf club 10 times on the front porch.
2. Walk to the front yard. Cross the yard doing the crab walk.
3. Skip to a water faucet and pretend to swim in the ocean for 10 strokes.
4. Cross country ski to the backyard. Downhill ski across the yard.
5. Climb back to the front porch as if it is a very steep hill.

**Remember:**
Start slowly. Warm up with slower movements and stretches.

Repeat 2nd round faster and with more energy.

Repeat 3rd round. Near the end, slow down and use slow stretching movements to cool your body.

Play some fun music!

WIN Kids Fun Days: Move to the Beat